

WHAT IS CLAIMED:

1. A mattress with at least one raised sleep zone, said mattress comprising:
 - an inner mattress unit having opposite first and second sides;
 - an outer cover surrounding the inner mattress unit;
 - a first cushion top of a predetermined thickness positioned between the first side of the inner mattress unit and the outer cover; and
 - at least one raised sleep zone between the outer cover and the first side of the inner mattress unit,wherein the planar surface area of the at least one raised sleep zone is less than the planar surface area of the first side of the inner mattress unit, and
wherein the at least one raised sleep zone is sized and positioned to inhibit the formation of body impressions.
2. A mattress as in claim 1 wherein the first cushion top is positioned between the outer cover and the at least one raised sleep zone.
3. A mattress as in claim 1 wherein the at least one raised sleep zone is positioned between the outer cover and the first cushion top.
4. A mattress as in claim 1 wherein the at least one raised sleep zone is a foam insert.
5. A mattress as in claim 1 wherein the at least one raised sleep zone comprises two raised sleep zones located side-by-side between the outer cover and the first side of the inner mattress unit.
6. A mattress as in claim 5 wherein the at least one raised sleep zone further comprises third and fourth raised sleep zones located side-by-side between the outer cover and the second side of the inner mattress unit.
7. A mattress as in claim 5 wherein each raised sleep zone is about one-half an inch thick.
8. A mattress with raised sleep zones to inhibit the formation of body impressions, said mattress comprising:

an inner mattress unit having a rectangular box shape;
the inner mattress unit having opposite first and second sides;
a first insert adjacent to the first side of the inner mattress unit, the first insert configured and positioned to inhibit the formation of body impressions;
the first insert having a planar surface area less than the surface area of the first side of the inner mattress unit;
a first cushion top of a predetermined thickness configured to cover the first insert and a part of the first side of the inner mattress unit not covered by the first insert; and
an outer cover.

9. A mattress as in claim 8 wherein the first insert is comprised of foam.
10. A mattress as in claim 9 wherein the first cushion top is comprised of foam.
11. A mattress as in claim 10 wherein the density of the first insert is in the range of 1 pound per cubic foot to 2 pounds per cubic foot.
12. A mattress as in claim 10 wherein the firmness of the first insert is between 10 ILD and 70 ILD.
13. A mattress as in claim 10 wherein the density of the first insert is greater than the density of the first cushion top.
14. A mattress as in claim 9 wherein the first cushion top is comprised of at least one foam layer and at least one textile layer.
15. A mattress as in claim 8 wherein the first insert is comprised of textiles.
16. A mattress as in claim 8 further comprising a foam base located adjacent to the second side of the inner mattress unit.
17. A mattress as in claim 9 further comprising a second insert located side-by-side with the first insert on the first side of the inner mattress unit.
18. A mattress as in claim 17 wherein a thickness of said inserts is no greater than about one inch.

19. A mattress as in claim 17 further comprising third and fourth inserts located side-by-side and adjacent to the second side of the inner mattress unit.

20. A mattress as in claim 19 wherein each insert is about one-half an inch thick.

21. A mattress as in claim 19 further comprising a second cushion top configured to cover the third and fourth inserts and a part of the second side of the inner mattress unit not covered by the third and fourth inserts.

22. A mattress as in claim 8 wherein the inner mattress unit is comprised of a plurality of individual pocketed coil springs.

23. A mattress as in claim 8 wherein the inner mattress unit is comprised of a plurality of individual and interconnected coil springs.

24. A mattress as in claim 8 wherein the inner mattress unit is comprised of a foam core.

25. A mattress as in claim 8 further comprising side rails around the perimeter of the inner mattress unit to improve the stiffness of the edges.

26. A mattress as in claim 25 wherein a foam perimeter encases the side rails.

27. A mattress as in claim 8 further comprising a second insert of about the same size as the first insert, the second insert located adjacent to the second side of the inner mattress unit.

28. A mattress as in claim 27 further comprising a second cushion top configured to cover the second insert and a part of the second side of the inner mattress unit not covered by the second insert.

29. A mattress with raised sleep zones to inhibit the formation of body impressions, the mattress comprising:

an inner mattress unit having a rectangular box shape;

the inner mattress unit having opposite first and second sides;

a first insert adjacent to the first side of the inner mattress unit;

a second insert located side-by-side with the first insert on the first side of the inner mattress unit;

a first cushion top of a predetermined thickness configured to cover the first and second inserts and a part of the first side of the inner mattress unit not covered by the first and second inserts; and

an outer cover.

30. A mattress as in claim 29 wherein the first and second inserts are comprised of foam.

31. A mattress as in claim 30 comprising a foam base located adjacent to the second side of the inner mattress unit.

32. A mattress as in claim 29 further comprising side rails around the perimeter of the inner mattress unit to improve the stiffness of the edges.

33. A mattress as in claim 32 wherein a foam perimeter encases the side rails.

34. A subassembly of a mattress with raised sleep zones to inhibit the formation of body impressions, the subassembly comprising:

a stabilizing layer, the stabilizing layer configured to be installed adjacent to an inner mattress unit, the stabilizing layer having a surface area about the same as a planar surface area of the inner mattress unit;

at least one substantially planar insert, the at least one insert configured to fill an area inside a mattress where body impressions form;

the planar surface area of the at least one insert being less than the planar surface area of the stabilizing layer; and

the stabilizing layer and the at least one insert being fixed to one another.

35. A cushioning system with inserts to inhibit the formation of body impressions, the cushioning system comprising:

first and second inner mattress units having a rectangular box shape, each inner mattress unit having opposite first and second sides;

the surface area of the first and second opposite sides of the first and second inner mattress units being approximately equal;

a first insert and a second insert, the first and second inserts having a combined planar surface area less than the surface area of the first and second opposite sides of the first and second inner mattress units; and

the first and second inserts being located side-by-side and between the first and second inner mattress units, thereby forming a cushioning system.